



INTRODUCTION (Authentic Grit)

Grit is increasingly considered one of the key ingredients of success. How gritty are you? If you do not know, you are not alone. Most people don't know how to identify and cultivate grit, and as a result they don't achieve their full potential in their work or personal lives. Our presenter today is a pioneer with her groundbreaking work in the science of goal setting and grit. She has identified the ingredients needed to help not only yourself but also those around you to cultivate more grit for accomplishing goals to drive happiness and success in one's professional and personal lives.

She is the author of seven bestselling books, including her newest book, *Getting Grit*, released in June 2017.

She graduated *magna cum laude* from Harvard University and was one of the first graduates of the University of Pennsylvania's Masters of Applied Positive Psychology.

Her work has been featured in international media including the BBC, CNN and the New York Times.

She is a top-ranked Masters Swimmer in multiple events, has a black belt in Hapkido, and is the mother of three adult children.

Please help me welcome Caroline Adams Miller!!